

**Weekly Training Programme for an Archer contemplating Serious Competition**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Exercises</b> (See Program)		<b>Stretch Band</b> 15 – 20 Minutes minimum			<b>Coaching Time</b>	
		<b>DAY OFF</b>			<b>Free Shooting</b> 70 Meters or Favourite Distance 3 Arrow ends in groups of six Other Distances	<b>Shooting Time</b> Organised Event
<b>Stretch Band</b> 15 – 20 Minutes minimum	<b>Shooting Time</b> Your Choice Good Arrows Only! 100 – 150 Concentrate on Form	<b>Mental</b> Visualisation Relaxation	<b>Shooting Time</b> Your Choice Good Arrows Only! 100 – 150 Concentrate on Form	<b>Stretch Band</b> 15 – 20 Minutes minimum		<b>Stretch Band</b> 15 – 20 Minutes minimum